

Les Croupiers Running Club
10 Mile Handicap - Llandaff Fields, Cardiff
03 February 2013
No. Athlete Club Cat. Start Finish Run Time

1 291 Jenny Martin Les Croupiers SW 0:34:00 1:55:50 1:21:50
2 233 Wouter Poortinga Les Croupiers M40 0:44:00 1:56:26 1:12:26
3 285 Richard Street Pegasus M55 0:25:00 1:56:58 1:31:58
4 286 Anthony Newbury Pegasus SM 0:42:00 1:57:21 1:15:21
5 206 Tina Rossiter Les Croupiers W50 0:34:00 1:57:25 1:23:25
6 249 Tony Burt Brackla M70 0:39:00 1:57:38 1:18:38
7 282 Judi Rhys Les Croupiers W50 0:39:00 1:57:50 1:18:50
8 255 Michael Elliston Les Croupiers M40 0:43:00 1:57:51 1:14:51
9 258 Steve Hitchen Les Croupiers SM 0:48:00 1:58:10 1:10:10
10 264 Caroline Dallimore Les Croupiers W55 0:37:00 1:58:13 1:21:13
11 297 Jeff Aston Les Croupiers M65 0:38:00 1:58:16 1:20:16
12 262 Oliver Williams Les Croupiers SM 1:00:00 1:58:34 0:58:34
13 257 Mark Joyce Les Croupiers SM 0:57:00 1:58:50 1:01:50
14 289 Rob Sage Les Croupiers SM 1:00:00 1:59:06 0:59:06
15 259 Gareth Rees Les Croupiers M45 0:45:00 1:59:10 1:14:10
16 256 Richard Vaughan Les Croupiers SM 0:46:00 1:59:12 1:13:12
17 268 Caitlin Pearson Les Croupiers SW 0:43:00 1:59:24 1:16:24
18 269 Andrew Davidson Les Croupiers SM 0:50:00 1:59:28 1:09:28
19 213 Amanda Thompson Les Croupiers W50 0:28:00 1:59:36 1:31:36
20 251 Sarah McCarthy Les Croupiers W40 0:46:00 1:59:37 1:13:37
21 230 Ian MacKenzie Les Croupiers M50 0:34:00 1:59:42 1:25:42
22 299 Jodie Williams Les Croupiers SW 0:34:00 1:59:47 1:25:47
23 237 Karen Chadwell Les Croupiers W40 0:28:00 1:59:51 1:31:51
24 234 John Magee Les Croupiers SM 0:50:00 1:59:57 1:09:57
25 207 Mike Rossiter Les Croupiers M50 0:41:00 2:00:01 1:19:01
26 287 Jemma Nurse Les Croupiers W40 0:27:00 2:00:08 1:33:08
27 240 James Bruce Les Croupiers SM 0:57:00 2:00:09 1:03:09
28 238 Richard Self Les Croupiers M45 0:57:00 2:00:16 1:03:16
29 254 Janice Clement Penarth and Dinas W50 0:32:00 2:00:24 1:28:24
30 293 Carol Miller Les Croupiers W50 0:30:00 2:00:29 1:30:29
31 280 Davey Proud Les Croupiers M45 0:52:00 2:00:32 1:08:32
32 294 Stuart Crees Les Croupiers SM 1:04:00 2:00:39 0:56:39
33 245 Howard Kent Les Croupiers M60 0:52:00 2:00:48 1:08:48
34 229 David Hodges Les Croupiers M50 0:37:00 2:00:52 1:23:52
35 290 Mark Finlayson Les Croupiers SM 0:56:00 2:00:56 1:04:56
36 263 Rod Perons Les Croupiers M50 0:45:00 2:01:04 1:16:04
37 284 Steve Wood Pegasus SM 0:46:00 2:01:08 1:15:08
38 274 Yvonne Bullen Les Croupiers W45 0:42:00 2:01:14 1:19:14
39 235 Nick Dukes Les Croupiers SM 1:00:00 2:01:17 1:01:17
40 250 Ian Stratton Brackla M45 0:36:00 2:01:23 1:25:23
41 100 Alun Jones Les Croupiers M40 1:00:00 2:01:25 1:01:25
42 296 Phil Cook Les Croupiers M40 1:02:00 2:01:29 0:59:29
43 281 Neema Mal Les Croupiers SM 0:52:00 2:01:30 1:09:30
44 267 Martin Williams Les Croupiers M40 1:00:00 2:01:37 1:01:37
45 208 Jo Skilton San Domenico W50 0:42:00 2:01:40 1:19:40
46 278 Roy Silver Les Croupiers M55 0:44:00 2:01:47 1:17:47
47 227 Simon Hazel Les Croupiers M40 0:50:00 2:01:49 1:11:49
48 228 Paul Morris Les Croupiers M50 0:51:00 2:01:53 1:10:53
49 248 Keith Treharne Brackla M65 0:32:00 2:01:56 1:29:56

50 232 Alan Mann Les Croupiers M55 0:46:00 2:01:59 1:15:59
 51 295 Chris Pristavec Les Croupiers SM 1:06:00 2:02:02 0:56:02
 52 261 Maria Zubizarreta Les Croupiers W40 0:52:00 2:02:04 1:10:04
 53 246 Allan Jones Brackla M55 0:48:00 2:02:06 1:14:06
 54 209 Julie Scholey Les Croupiers W50 0:44:00 2:02:28 1:18:28
 55 277 Dominic Shields San Domenico M45 0:47:00 2:02:35 1:15:35
 56 288 Angela Champion Les Croupiers W35 0:47:00 2:02:46 1:15:46
 57 99 Helen Jessop Les Croupiers W35 0:52:00 2:02:50 1:10:50
 58 271 Sasha Macken Les Croupiers W35 0:34:00 2:02:57 1:28:57
 59 239 Tom Jeffery Les Croupiers SM 1:00:00 2:03:15 1:03:15
 60 260 Alison Whittaker Les Croupiers W45 0:36:00 2:03:29 1:27:29
 61 226 Alan Mason Les Croupiers M50 0:49:00 2:03:30 1:14:30
 62 273 Richard Bullen Les Croupiers M50 1:00:00 2:04:13 1:04:13
 63 225 Gary Bodman Les Croupiers M45 0:45:00 2:04:17 1:19:17
 64 244 Mick McGeoch Les Croupiers M55 0:56:00 2:04:19 1:08:19
 65 214 Brian Dias Les Croupiers SM 0:56:00 2:05:03 1:09:03
 66 298 Luke Heslop Les Croupiers SM 0:34:00 2:05:57 1:31:57
 67 279 Rhian Llewellyn Les Croupiers W45 0:30:00 2:06:10 1:36:10
 68 210 Tracey Newman Les Croupiers W40 0:28:00 2:07:35 1:39:35
 69 231 Gary John Les Croupiers M55 0:47:00 2:10:18 1:23:18
 70 211 Geoff Wright Les Croupiers M60 0:27:00 2:12:36 1:45:36
 71 272 Gerry Crispie Les Croupiers M50 0:50:00 2:15:35 1:25:35
 72 292 Clare Johnson Les Croupiers W65 0:27:00 2:15:39 1:48:39

And by finish time:

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37 288 Angela Champion Les Croupiers W35 0:47:00 2:02:46 1:15:46
38 232 Alan Mann Les Croupiers M55 0:46:00 2:01:59 1:15:59
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